

# Even Kids Get the Flu.

Ask your doctor how to protect your child.

## Young children are at risk.

Influenza (flu) doesn't hurt just the old people. Young children, especially kids **under 2 years old**, have one of the highest rates of hospitalizations because of the flu. Each year, this disease puts about 114,000 people, including young children, in the hospital. It attacks the lungs and can lead to pneumonia. Your child's best defense against the flu is a yearly flu shot.

## Some kids are at even higher risk.

If your child has a chronic (on-going) health condition such as asthma, diabetes, heart disease, kidney disease, or sickle cell anemia, he or she has an even higher risk of complications from the flu. And if your child's immune system is weakened by a medical treatment such as chemotherapy, the protection of a flu shot is especially important. If you are a household contact or a caregiver for one of these children, you need a flu shot too, so you won't put them in danger by giving them the flu.

## Some kids need two shots.

If your child is between **6 months and 8 years old** and is getting their very first flu shot, a booster shot will also be needed a month later. For best protection, you should be sure your child gets the first shot as early as possible. After that, your child will only need to get one shot each year to get the best protection against the flu.

## Protect the youngest.

Babies **younger than 6 months old** cannot get a flu shot, but they can get the flu. And if they get the flu, they can become very sick. If you are a household contact or a caregiver for a child under 2 years old — especially a child under 6 months old — you need a flu shot too. Babies and young children depend on you to stay healthy so you won't give them the flu.

**For more information, ask your health care provider or call the CDC Immunization Hot Line.**

ENGLISH: 1-800-232-2522 ESPAÑOL: 1-800-232-0233

[www.cdc.gov/nip/flu](http://www.cdc.gov/nip/flu)

**Fight  
the  
Flu**



DEPARTMENT OF HEALTH AND HUMAN SERVICES